



Mix-ins and Waffle Products Nutritional Information

|  | Serving weight (g) | Total calories (cal) | Calories from fat (fat ca) | Total fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Total carbohydrate (g) | Dietary fiber (g) | Sugars (g) | Protein (g) |
|---|--------------------|----------------------|----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Candy | | | | | | | | | | | | |
| Almond Joy® | 23 | 110 | 60 | 7 | 4 | 0 | 0 | 25 | 13 | 1 | 10 | 1 |
| Butterfinger® | 36 | 170 | 60 | 7 | 3.5 | 0 | 0 | 85 | 26 | 1 | 17 | 2 |
| Chocolate Chips | 19 | 90 | 50 | 5 | 3.5 | 0 | 0 | 0 | 12 | 1 | 11 | 1 |
| Chocolate Shavings | 16 | 80 | 50 | 5 | 3.5 | 0 | 0 | 0 | 8 | 1 | 7 | 1 |
| Fizzy Candy Clusters | 14 | 70 | 25 | 3 | 2.5 | 0 | 0 | 30 | 11 | 0 | 9 | 0 |
| Ghirardelli® Caramel Square | 15 | 70 | 35 | 4 | 2.5 | 0 | 5 | 20 | 9 | 0 | 8 | 1 |
| Gumballs | 28 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 20 | 0 |
| Gummy Bears | 22 | 70 | 0 | 0 | 0 | 0 | 0 | 15 | 16 | 0 | 12 | 2 |
| Heath® Bar | 20 | 110 | 60 | 7 | 3.5 | 0 | 5 | 70 | 12 | 1 | 12 | 1 |
| KIT KAT® | 22 | 110 | 50 | 6 | 4 | 0 | 0 | 10 | 14 | 0 | 11 | 1 |
| M&M'S® | 22 | 110 | 40 | 4.5 | 3 | 0 | 0 | 15 | 16 | 0 | 14 | 1 |
| Nestle® Crunch Bar® | 22 | 110 | 50 | 6 | 3.5 | 0 | 5 | 35 | 15 | 0 | 12 | 1 |
| Peanut M&M'S® | 20 | 100 | 45 | 5 | 2 | 0 | 0 | 10 | 12 | 1 | 10 | 2 |
| Rainbow Chocolate Drops | 18 | 80 | 30 | 3 | 3 | 0 | 0 | 0 | 14 | 0 | 13 | 0 |
| Reese's® Peanut Butter Cups® | 32 | 160 | 90 | 10 | 3.5 | 0 | 0 | 115 | 18 | 1 | 15 | 3 |
| Reese's® Pieces | 19 | 100 | 40 | 4.5 | 4 | 0 | 0 | 20 | 12 | 0 | 10 | 2 |
| Snickers® | 52 | 250 | 110 | 12 | 4.5 | 0 | 5 | 125 | 31 | 1 | 27 | 4 |
| TWIX® | 26 | 130 | 50 | 6 | 3.5 | 0 | 5 | 50 | 17 | 1 | 12 | 1 |
| White Chocolate Chips | 22 | 120 | 50 | 6 | 5 | 0 | 0 | 50 | 13 | 0 | 13 | 1 |
| Whoppers® | 20 | 90 | 30 | 3.5 | 3.5 | 0 | 0 | 55 | 15 | 0 | 13 | 0 |
| YORK® Peppermint Patties | 34 | 120 | 25 | 2.5 | 1.5 | 0 | 0 | 10 | 27 | 1 | 22 | 1 |
| Other Mix-ins | | | | | | | | | | | | |
| 30th Anniversary Sprinkles | 10 | 40 | 10 | 1 | 1 | 0 | 0 | 0 | 8 | 0 | 4 | 0 |
| Brownies | 47 | 190 | 70 | 7 | 2 | 0 | 10 | 160 | 30 | 1 | 19 | 2 |
| Cheesecake Bites | 16 | 60 | 30 | 3.5 | 2 | 0 | 15 | 45 | 5 | 0 | 3 | 1 |
| Chocolate Chip Cookie | 14 (1/2 cookie) | 70 | 25 | 2.5 | 1.5 | 0 | 5 | 85 | 10 | 1 | 6 | 1 |
| Chocolate Sprinkles | 17 | 80 | 30 | 3 | 2.5 | 0 | 0 | 0 | 13 | 0 | 8 | 0 |
| Chunky CHIPS AHoy!® Cookie | 32 (2 cookies) | 160 | 70 | 8 | 3 | 0 | 0 | 110 | 20 | 0 | 10 | 2 |
| Coconut | 12 | 60 | 40 | 4.5 | 4 | 0 | 0 | 30 | 6 | 1 | 5 | 0 |
| Cookie Dough - RTE | 38 | 160 | 60 | 6 | 3 | 0 | 0 | 170 | 25 | 1 | 13 | 1 |
| Dipped Dough | 43 | 190 | 70 | 8 | 5 | 0 | 0 | 180 | 28 | 1 | 16 | 1 |
| Ghirardelli® Peppermint Pieces | 18 | 90 | 45 | 5 | 4 | 0 | 5 | 25 | 11 | 0 | 11 | 2 |
| GOLDEN OREO® Cookies | 23 (2 cookies) | 110 | 40 | 4.5 | 1.5 | 0 | 0 | 80 | 17 | 0 | 8 | 1 |
| Graham Cracker Pie Crust | 16 | 70 | 30 | 3.5 | 0.5 | 1.5 | 0 | 80 | 10 | 0 | 4 | 1 |
| Granola | 14 | 50 | 5 | 1 | 0 | 0 | 0 | 35 | 11 | 1 | 4 | 1 |
| Marshmallows | 14 | 50 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 8 | 0 |
| Nilla® Wafers | 8 (2 wafers) | 35 | 15 | 1.5 | 0 | 0 | 0 | 30 | 5 | 0 | 3 | 0 |
| OREO Cookies | 23 (2 cookies) | 110 | 40 | 4.5 | 1.5 | 0 | 0 | 90 | 17 | 0 | 9 | 1 |
| OREO Pie Crust | 16 | 80 | 35 | 4 | 1.5 | 0 | 0 | 70 | 11 | 0 | 5 | 1 |
| Peanut Butter | 24 | 140 | 110 | 12 | 2.5 | 0 | 0 | 100 | 5 | 1 | 3 | 5 |
| Pretzels | 8 | 30 | 5 | 0 | 0 | 0 | 0 | 170 | 7 | 0 | 0 | 1 |
| Rainbow Sprinkles | 17 | 80 | 30 | 3 | 2.5 | 0 | 0 | 0 | 13 | 0 | 8 | 0 |
| Strawberry Wafers | 16 | 80 | 25 | 3 | 1.5 | 0 | 0 | 15 | 12 | 0 | 8 | 1 |
| Sugar Crystals | 12 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 12 | 0 |
| Toasted Coconut | 12 | 70 | 50 | 6 | 5 | 0 | 0 | 0 | 5 | 1 | 4 | 1 |
| Yellow Cake | 26 | 80 | 25 | 2.5 | 0.5 | 0 | 10 | 135 | 14 | 0 | 9 | 1 |

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|---|--------------------|----------------------|---------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Fruit | | | | | | | | | | | | |
| Apple Pie Filling | 36 | 35 | 0 | 0 | 0 | 0 | 0 | 10 | 9 | 0 | 8 | 0 |
| Bananas | 59 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 2 | 7 | 1 |
| Blackberries | 28 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 3 | 0 |
| Black Cherries | 28 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 1 | 8 | 0 |
| Blueberries | 25 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 2 | 0 |
| Cherry Pie Filling | 36 | 35 | 0 | 0 | 0 | 0 | 0 | 10 | 8 | 0 | 6 | 0 |
| Maraschino Cherries | 5 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 |
| Peach Pie Filling | 36 | 35 | 0 | 0 | 0 | 0 | 0 | 5 | 8 | 0 | 6 | 0 |
| Pineapple Tidbits | 34 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 |
| Raisins | 21 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 1 | 13 | 1 |
| Raspberries | 38 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 2 | 1 |
| Strawberries | 39 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 2 | 0 |
| Nuts | | | | | | | | | | | | |
| Cashews, salted | 11 | 60 | 45 | 5 | 1 | 0 | 0 | 45 | 4 | 0 | 0 | 2 |
| Macadamia | 14 | 100 | 100 | 11 | 2 | 0 | 0 | 0 | 2 | 1 | 1 | 1 |
| Peanuts | 14 | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 3 | 1 | 1 | 4 |
| Pecans, salted | 14 | 100 | 90 | 10 | 1 | 0 | 0 | 55 | 2 | 1 | 1 | 1 |
| Pistachios | 14 | 80 | 60 | 7 | 1 | 0 | 0 | 55 | 4 | 2 | 1 | 3 |
| Roasted Almonds, salted | 14 | 80 | 70 | 7 | 0.5 | 0 | 0 | 55 | 3 | 2 | 1 | 3 |
| Sliced Almonds | 14 | 90 | 70 | 8 | 0.5 | 0 | 0 | 0 | 3 | 2 | 1 | 3 |
| Walnuts | 14 | 100 | 90 | 10 | 1 | 0 | 0 | 55 | 2 | 1 | 1 | 2 |
| Toppings | | | | | | | | | | | | |
| Caramel | 18 | 60 | 5 | 0.5 | 0 | 0 | 0 | 30 | 12 | 0 | 8 | 0 |
| Cinnamon | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| Frosting (White Bettercreme®) | 12 | 45 | 25 | 3 | 3 | 0 | 0 | 10 | 5 | 0 | 4 | 0 |
| Fudge | 20 | 60 | 10 | 1.5 | 1.5 | 0 | 0 | 55 | 11 | 0 | 10 | 1 |
| Ghirardelli® Sea Salt Caramel | 18 | 50 | 0 | 0 | 0 | 0 | 0 | 110 | 12 | 0 | 9 | |
| Honey | 18 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 15 | 0 |
| Marshmallow Crème | 20 | 70 | 0 | 0 | 0 | 0 | 0 | 15 | 17 | 0 | 12 | 0 |
| Nutella® | 24 | 130 | 70 | 8 | 2.5 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Reese's Peanut Butter Sauce | 19 | 120 | | 11 | 2 | 0 | 0 | 85 | 3 | 1 | 2 | 4 |
| Rich's® On Top® Whipped Topping | 12 | 40 | 25 | 3 | 3 | 0 | 0 | 0 | 3 | 0 | 3 | 0 |
| Waffle Products | | | | | | | | | | | | |
| Cake Cone | 6 | 25 | 0 | 0 | 0 | 0 | 0 | 15 | 5 | 0 | 0 | 0 |
| Dipped Sprinkled Waffle Cone or Bowl | 87 | 350 | 150 | 17 | 15 | 0 | 5 | 50 | 49 | 2 | 34 | 2 |
| Dipped Waffle Cone or Bowl | 79 | 310 | 140 | 15 | 13 | 0 | 5 | 45 | 43 | 2 | 30 | 2 |
| Sugar Cone | 13 | 50 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 3 | 0 |
| Waffle Chips - Dipped | 119 | 470 | 200 | 23 | 20 | 0 | 10 | 70 | 64 | 3 | 45 | 3 |
| Waffle Chips - Plain | 65 | 160 | 30 | 3 | 1 | 0 | 10 | 60 | 31 | 0 | 14 | 2 |
| Waffle Chips - Variety | 92 | 320 | 110 | 12 | 10 | 0 | 10 | 65 | 48 | 1 | 29 | 3 |
| Waffle Cone or Bowl | 43 | 110 | 20 | 2 | 0.5 | 0 | 5 | 40 | 21 | 0 | 10 | 1 |

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Cold Stone Creamery® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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